







The Healthy Communities Program is a countywide, strategic initiative to improve the health and well-being of all county residents by creating healthy environments and promote healthful lifestyle choices. The program focuses on improving access to physical activity, nutritious food and appropriate health care by building partnerships, educating and facilitating, and providing technical assistance. It serves as a central resource for communities' efforts to become healthy places to live, work, learn, and play.

calories burned in one nascar race - 2,856 adrenaline - OFF THE CHART



ECONOMIC DEVELOPMENT AGENCY www.Socalsbackyard.com

San Bernardino County's "Healthy City" partners include:

Chino • Fontana • Ontario • Rancho Cucamonga • Redlands • Rialto • San Bernardir and coming soon - the "Healthy High Desert" Initiative.



FEBRUARY 20-22, 2009 at the AUTO CLUB SPEEDWAY Visit us at the COUNTY OF SAN BERNARDINO tent in the FanZone.

- Experience a virtual tour of San Bernardino County
- Play interactive action sports games
- Learn to live a healthier lifestyle
- Win prizes such as:
 - Wii Gaming System
 - Bicycles
 - Camping Tents
 - Skateboards
 - Adventure Pass
 - Richard Petty Driving Experience
 - And much more

SAN BERNARDINO









